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Our Town Magazine

April 2005

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See Cover Story Page 4

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***Budget Blinds Offers
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Budget Blinds – the largest and fastest growing window covering company of its kind in the United States offers its convenient services to homeowners in the Mohave County Area.



"With lifestyles becoming more hectic, consumers require the most convenient services possible for home improvements," said Michael Ecklund, owner of Budget Blinds of Mohave County. "Our window-covering specialists come directly to customers' homes to display products, professionally measure and install the products. The consumer never needs to leave home to shop for window coverings. Now that's convenience."

The Budget Blinds concept is unique in that consumers can shop where their windows are – at home. Style Consultants from Budget Blinds bring the showroom into the consumers homes so they can better determine what the final outcome will be in their homes.

"Nothing is more frustrating in a home improvement project than discovering the color isn't right when you get the products home," said Ecklund. "We eliminate a good deal of the guesswork by bringing thousands

Continued on page 70

JOIN THE CLUB

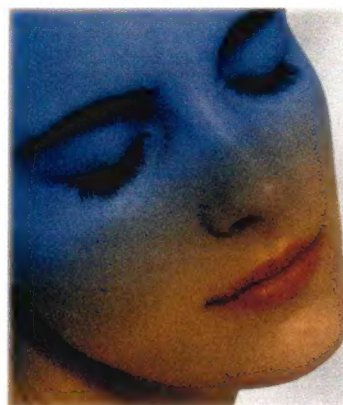
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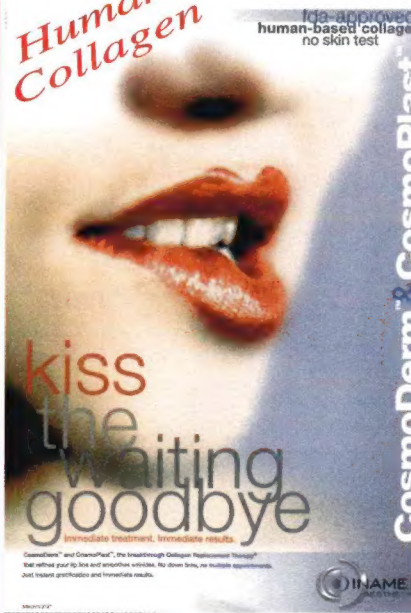


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April 1-3 Misfit Cowboys, 8-10 Kid & Nic Show, 15-17 Fortunes, 21-24 Chris Hiatt, 29-1st Edwin Cook For More Entertainment Information call (702) 298-2453

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For information on shows, tickets and times call (800) 435-8469

GOLDEN NUGGET - LAUGHLIN

The Lobster Bar on The Deck Restaurant: Music Nightly Fri. 4-10 p.m.; Sat. 4-10 p.m.; &

Sun. 4-9 p.m. (NV time). Tarzan's Nightclub: Performances are Thurs. through Sat. 9:00 p.m. - Close. For more Entertainment information call (702) 298-7111 or (800) 237-1739

HARRAH'S - LAUGHLIN

For Entertainment information, call (800) 447-8700 or (702) 298-8510

PIONEER HOTEL & CASINO

"Sonny, The Electric Cowboy" in the River Bar on Thurs. thru Sat. each weekend in April. (Subject to change) Thurs. 7:00 - 11:00 p.m., Fri. & Sat. 8:00-12:00 p.m. April 21st & 22nd "Warrant" free outdoor concert during the River Run. For further Entertainment information call (702) 298-2442 or (928)758-5557.

RAMADA EXPRESS

April 5th & 6th - Laughlin Pop Warner Cheerleaders Fundraiser - Production Show "Annie" 6:00 p.m. (NV time) \$10/person. Tickets may be purchased at Ramada Express Ticket Window or Call the Laughlin Parks & Rec.(702) 298-3413. April 5th-9th and 12th-16th - "Pat O'Brien" the popular Irish favorite in the Caboose Lounge from 4:30 - 8:30 p.m. Tues thru Sat. April 5th-10th - "Shake, Rattle N Roll" in the Caboose lounge from 9:00 p.m. to 2:00 a.m. Tuesday thru Sunday. April 12th-17th and 19th-24th "Four of a Kind" in the Caboose Lounge from 9:00 p.m. to 2:00 a.m. Tuesday thru Sunday. For more Entertainment Information Call (702) 298-4200 or (928)763-2010

RIVER PALMS RESORT & CASINO

For Entertainment information or show times, call (702) 298-2242 or (800) 835-7904.

RIVERSIDE RESORT & CASINO

April 5th-10th-"Hot August Nights" - the ultimate Neil Diamond Tribute starring Barrie Cunningham. Nightly @ 8:00 p.m. (NV time) Tickets \$22/person. April 12th-20th - "Trent Carlini" The Dream King of Rock 'n Roll in a world famous Elvis tribute. Performing nightly @ 8:00 p.m. (NV time) Tickets are \$25/person. April 25th -30th -Yeah! Yeah! Yeah! A Beatles Tribute by "RAIN". Nightly @ 8:00 p.m. (NV time) Tickets \$25/person. For more Entertainment information or show times, call (702) 298-2535 or (928) 763-7070 or visit www.riversideresort.com.

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Colorado Belle's Battle of the Bands: Bands Sought for 5th Annual Event

Colorado Belle Hotel Casino and Microbrewery will host its 5th Annual Battle of the Bands Saturday, April 16, 2005. Colorado Belle and Cameron Broadcasting of Bullhead City, Arizona, will team up to host the event, and Pedrini Music of Bullhead City, KNACK, KFLG and Lucky 98 FM radio will be Battle of the Bands sponsors. The event will take place outdoors under a canopy in the "Center Circle" parking lot area west of the casino's main entrance.

This year, the event will expand to cover more music formats, and over \$5,000 in cash and prizes will be awarded to winners. There will be first, second and third place winners selected in each of three categories—coun-



Photo ID: 2004 Battle of the Bands winner: from left DeSimone, James, Ridgeway: "Tunesmith" featured Paul DeSimone on lead guitar and vocals, Aubrey Ridgeway on bass and vocals and Rob James on drums and vocals. In his prize acceptance speech, DeSimone promised the band would return in 2005 "to defend our title", and thanked the crowd for their support.

try, classic rock and adult contemporary music. First place in each category will pay \$1,000, two hours' recording time at a Las Vegas studio, \$100 in Pedrini Music gift certificates, and one of the winning band's tunes will be aired once on one of the three sponsoring radio stations. Second place in each category will pay \$500; third place band in each category will receive \$250.

On April 16, the bands will play outdoors on stage at Center Circle before a panel of judges. In addition, members of the audience will have a chance to vote for their favorite by casting ballots for the "People's Choice" award. Contest winners will be

Continued on page 90



ROCKETS @ the Strip

NHRA Returns to Rock Las Vegas April 14-17 at The Strip at LVMS

The National Hot Rod Association (NHRA) once again will deliver the biggest names in professional drag racing to Las Vegas April 14-17 for the sixth annual NHRA Summit Racing.com Nationals at The Strip at Las Vegas Motor Speedway.

The 52-year-old sanctioning body's premier classes are Top Fuel Dragster and Funny Car – both powered by supercharged, nitromethane-burning V-8 engines capable of producing more than 7,000 horsepower and speeds in excess of 320 mph.

Heading the list are two colorful veterans: reigning Top Fuel Dragster champion Tony "Sarge" Schumacher and 13-time Funny Car titleholder John Force.

Schumacher, a second-generation driver from Illinois, has won two NHRA Top Fuel Dragster championships (1999 and 2004) and is sponsored by the U.S. Army. His black "Army of One" dragster makes a powerful recruiting statement each time it thunders down the quarter-mile drag strip.

Force perhaps is the most colorful figure in the history of drag racing. Force has

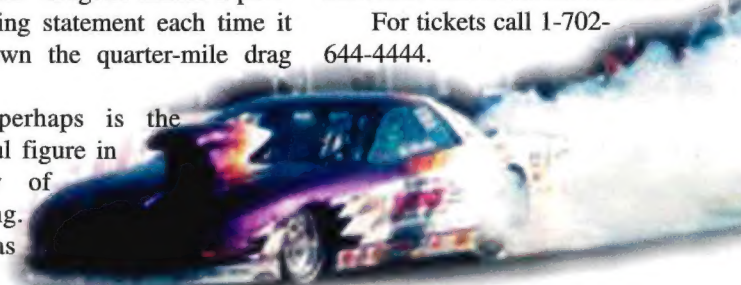
scored more than 100 NHRA Funny Car victories and has won 13 championships. His is perhaps the most sought-after interview in drag racing: simply hand him the microphone and he'll take over, sometimes giving journalists more than they bargained for.

NHRA's most competitive division is Pro Stock. Dubbed "factory hot rods," these gasoline-burning, stock-appearing Chevrolets, Dodges and Fords routinely break the 200-mph barrier. The racing is extremely close and is not uncommon to see last week's winner fail to "make the show." It is that competitive.

NHRA's upper echelons also include Pro Stock Bike (motorcycles) and Pro Modifieds.

Once you make your first visit to an NHRA national event, it is easy to understand the appeal of the sport. The thrills, sights, sounds and variety of professional drag racing captures new fans each time the NHRA comes to town.

For tickets call 1-702-644-4444.



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DON LAUGHLIN'S
Riverside Resort
Presents Casino West's 2nd Anniversary Double Royal

Jackpot Promotion!

To celebrate the second anniversary of Riverside Casino West, the Riverside Resort will DOUBLE the jackpot of the first 20 Royal Flushes hit! Stop by Riverside Casino West April 1st for free cake and champagne from 1pm to 5pm (Nevada). Royal Flush promotion requires a King of Clubs Players' Club card and maximum coin bet. Royal Flush Jackpot must be verified by a floor attendant. The first 20 Royal Flushes pay double



on \$.25, \$.50 and \$1.00 machines. Multi Hand Video Poker machines excluded. Royal Flush promotion valid in



Riverside Casino West only.

Riverside Casino West can be accessed by either the 560 space adjacent parking garage, or via the skyway crossing over Casino Drive that connects with the main casino. The building design, while similar in appearance to the rest of the Riverside, incorporates Don Laughlin's desire that natural light and scenic views be part of the experience. Casino West features over 180 slot machines – including Penny and 2 Cent Machines (2 Cent Keno and Penny Poker!); a bar and a snack bar called the West Side Snack Bar. Riverside Casino West is also home to Casa Serrano Mexican Restaurant! **Celebration with a jackpot!**

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Volume 157
April 2005

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Energy Tricks That Work

Some days you are so tired that your whole body aches and burns. But you can actually trick your brain into feeling awake and alert.

One of the keys to more energy is being grateful. Focus on the things in your life that you are grateful for – your marriage, your kids, your pet, or your TiVo. A study was done at the University of California that divided people into three groups. Each group was to keep track of what they were grateful for, annoyed about, or indifferent to. People in the grateful group felt more energized and optimistic than either the annoyed or indifferent groups. By reminding ourselves of the blessings in our lives, we can remain positive and energized. If we were to dwell on the negative, we would constantly feel negative. Right now, jot down five small things in your life that you are grateful for – I guarantee it will put a smile on your face and make you feel better.

Another small key to staying energized is to have some color in your life. When your eyes see fiery hues like red or orange, your pituitary gland pumps up energy production. To stay energized, keep power colors in your line of vision. You don't have to paint every room in your house fire engine red, but put red towels in your bathroom or red placemats at the table. Drink your morning coffee out of an orange mug. Buy yourself bright, fresh flowers once a month so you can enjoy a beautiful energy boost in your home or office. Make sure every space you inhabit has some energizing color in it so that you can boost your energy level.

Brie Tyler

218 Highway 95, Suite 4 & 5 • Bullhead City, AZ 86442

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HOTEL & CASINO**
April Entertainment

Hot August Nights

Ultimate Neil Diamond Tribute Starring Barrie Cunningham and
featuring the Hot August Nights Band and The Diamond Girls

April 5 - 10
8pm nightly
Tickets are \$22

Singer, guitar player, producer and entertainer – Barrie Cunningham performs in nearly 600 shows per year. He has received numerous awards, including Entertainer of the Year in San Diego, California and was a principle act in a show voted Show of the Year in Reno, Nevada. For more than 12 years, Barrie has performed as Neil Diamond in various shows, including Legends in Concert, American Superstars and Stars in Concert. Barrie Cunningham has also performed at the Beverly Hills Casino in Moscow, Russia and the Crow Casino in Melbourne Australia!

Trent Carlini

April 12 - 20
8pm nightly
Tickets are \$25

The Dream King of Rock 'n Roll, Trent Carlini, is back at the Riverside Resort! This world famous Elvis tribute artist will leave audiences speechless with his incredible voice range, high-energy charisma and uncanny resemblance to the King himself! Being an Elvis fan through his entire childhood, Trent decided to devote his career to honoring a man who had influenced his life so much. After starring in an Annual Birthday Tribute to the King in 1988, popular demand kept bringing Trent back to perform in the show year after year. His popularity only grew from there, and this legendary performer can only be seen in Laughlin at the Riverside Resort.

Yeah! Yeah! Yeah! A Beatles Tribute as performed by RAIN

April 25 - 30
8pm nightly
Tickets are \$25

RAIN decided long ago that they were going to be the best band in the world at duplicating the sound of the Beatles. Unlike many other Beatles tribute bands, RAIN focused on the complete sound of the Beatles and not just their early hits. RAIN not only learns the Beatles' music, but they study it as well. Video clips shown throughout the performance bring audiences back to a time when the Beatles were making their mark on the world. Their live rooftop reenactment of the Beatles' last public performance earned RAIN attention by CNN and USA Today.

For more information call 702-298-2535 or 928-763-7070
or visit www.riversideresort.com

**2nd ANNIVERSARY
RIVERSIDE CASINO WEST
ROYAL FLUSH JACKPOT SPECIAL!**

Riverside will pay DOUBLE Royal Flush Jackpot to the
First 20 Royal Flushes Hit* beginning 12:01 am April 1st!

**Celebrate with us Friday, April 1, 2005 FREE Cake & Champagne at
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Royal Flush promotion requires King of Clubs Players' Club card and maximum coin bet. Royal Flush Jackpot promotion must be verified by a Floor Attendant. The first 20 Royal Flushes Hit beginning 12:01 am April 1st. Multi Hand Video Poker Machines excluded. Royal Flush promotion valid in Nevada only. Management reserves the right to cancel or modify promotions at any time.



702.298.2535 / 928.763.7070
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April 2005 Volume 157

contents

Our Town Magazine



8



4 & 83



ROCKETS
@ the Strip

9

26 Safe House Sponsors

features

4 Casinos

Budget Blinds 4
Casino Lounge Entertainment 6

11 The Publisher

18 Dining

23 Family Circle & Tiny Feet

40 Our Town



Medical
Guide



32



50 Our Town Map

53 Animal Crossing

54 Recreation

Golf Course Listing 54

Boat Launching 57

Sights to See 58

61 Shopping

81 Real Estate • Rentals • Lodging

RV Parks 91

Lodging 93

Churches 95

Real Estate Locator Map 96

87 Important Numbers

Dave Lords
79 Western Express Air



98
River City
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contents

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Bei Jing • 4320 South Highway 95	763-9888	Colianno's Pizza • 2200 Highway 95	758-7104
Black Bear • 1751 Hwy 95	763-2477	Colorado Grill • 2350 Miracle Mile	704-0600
Bonanza Cafe • 4610 Highway 95	758-6772	Da Boardwalk Cafe • 4975 Hwy 95	763-2695
Burger King • 1751 Hwy 95	763-4379	D'Angelo's Pizza • 2141 Clearwater Dr.	758-0085
Burger King • 1450 E. Aztec Rd.	758-4644	Del Taco • 1845 Hwy 95	763-4882
Carl's Jr. • 2195 Highway 95	763-9500	D'Place • 4280 South Highway 95	763-6362
Carl's Jr. Green Burrito • 640 Hwy 95	754-1150	Denny's Restaurant • 1762 Highway 95	763-9617
Casa Serrano • 5230 Highway 95	768-1881	Dominos Pizza • 2150 Hwy 95	758-0030
Casa Castillo • 1999 Riviera Blvd.	704-9534	Earl's Castle • 491 Long Ave	754-1118
China Panda • 2164 Highway 95	763-8899	East Coast Connection • 4470 Hwy 95	763-8280
		El Encanto • 125 Long Ave.	754-5100
		El Palacio (Mexican) • 1885 Hwy 95	763-2494
		House of Siam • 608 Hancock Road	758-9333
		Humberto's Taco Shop • 2250 Hwy 95	704-0119
		Iguanas • 2247 Clearwater Drive	763-9109
		Iguanas • Hwy 95 Plaza	763-1796
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Lazy Harry's • 2170 Rio Grande	758-6322	Subway • 2250 Highway 95	763-9304
Lelly's Sports bar • 2200 Hwy 95	763-7434	Taco Bell • 1562 Marina Boulevard	763-8454
Lizzy's Kitchen • 2649 Highway 95	763-2092	Taco Bell • 1751 Highway 95	763-3900
Los Portales • 2101 Highway 95	704-1700	Tastylite • 1970 Highway 95	763-2522
Mad Dog's Bar & Grill • 2046 Hwy 95	704-3644	Thai Bei Jing • 4320 Hwy 95 #D	763-9888
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Nikki's • 865 Hancock	763-4466	Vito's Pizza • 3751 Highway 95	758-9400
Oleary's Pub & Grill • 1063 Hwy 95	754-4226	Wienerschnitzel • 2840 Hwy 95	704-4515
Oatman Hotel & Rest. • 181 Main St.	768-4408		
Oriole's • 1080 Hwy 95	754-5310		
Panda Express • 2840 Hwy 95	763-8783		
Papa John's Pizza • 2440 Hwy 95 #C	704-0024		
Perkins Restaurant • 2250 Highway 95	763-1960		
Pizza Hut • 1855 Highway 95	763-8100		
Pizza Hut • 4825 Hwy 95 Ft Mohave	758-7550		
Pour House • 845 Hancock Road	758-9475		
Quiznos Sub • 2840 Hwy 85	763-4846		
River Horse Deli • 3015 Hwy 95	758-3232		
Rollin' Cafe • 4575 S. Hwy 95	763-2695		
Route 66 Deli • Oatman (see ad pg 15)	788-2661		
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Beef Barron has embellished its menu by adding new items such as Buffalo Caesar Salad and Coconut Shrimp with a Mandarin dipping sauce. Also all entrees are now served with house salad or soup du jour, assorted breads, corn cobbler and the choice of baked potato, baked sweet potato, or au gratin potatoes.

Beef Barron will still continue to offer favorite dishes such as its New York Strip Steak, Bar-B-Que Baby Back Ribs, and the blackened Salmon. Guests can customize their own dining experience by adding Shrimp Scampi or coconut crusted Shrimp creating their own surf and turf entrée. With

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Beef Barron is open from 5 to 10 p.m. Sunday through Thursday, 5 to 11 p.m. on Friday and Saturday. Reservations are not needed. Contact us at (702) 298-5111 Toll Free (800) 352-6464 www.flamingolaughlin.com



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Laughlin Restaurant Guide

Alberto's • El Mirage (702) 298-2318
Alta Villa • Flamingo 298-5111
Bay Shore Inn • 1955 W. Casino Dr. 299-9010
Beef Barron • Flamingo 298-5111
Boiler Room • Colorado Belle 298-4000
Boarding House • Pioneer Hotel 298-2442
Burger King • Flamingo 298-5111
Cabo Cafe • Harrah's Laughlin 298-4600
Cappuccino Corner • Flamingo 298-5111
Captain's Food Fare • Colorado Belle 298-4000
Domino's Pizza • Delivery Only 299-9111
Edgewater Grand Buffet • Edgewater Hotel 298-2453
Feathers Cafe • Avi Casino 535-5555
Flamingo Diner • Flamingo 298-5111
Fresh Market Square • Harrah's Laughlin 298-4600
Garden Room • Edgewater Hotel 298-2453
Gourmet Room • Riverside Resort 298-2535
Granny's • Pioneer Hotel 298-2442
Hickory Pit Steak House • Edgewater 298-2453
House of Darunee • 3100 Needles Hwy 298-2400
In-n-Out Burger • 2085 S. Casino Drive
Jane's Grill • Golden Nugget 298-7111

Joe's Pizza & Deli • 2311 Casino Dr. 298-0566
Krispy Kreme Doughnuts • Colorado Belle 298-4000
Lupe's (Mexican) • 3030 S. Needles Hwy. 298-7970
The Lodge • River Palms Resort 298-2242
Mama's Pizzeria • 3030 S. Needles Hwy 299-0888
Mark Twain's Chicken, Ribs & Steaks • Colorado Belle 298-4000
Minato Japanese • 2311 S. Casino Dr. 298-7997
Mississippi Lounge Fresh Seafood Bar • Colorado Belle 298-4000
MoonShadow Grille • Avi Casino 535-5555
Native Harvest Buffet • Avi Casino 535-5555
No KA OI Buffet • River Palms Resort 298-2242
Orleans Room • Colorado Belle 298-4000
Paddle Wheel • Colorado Belle 298-4000
Panda Express • Flamingo 298-5111
Paradise Garden Buffet • Flamingo 298-5111
Passaggio's • Ramada Express 298-4200
Pasta Cucina • River Palms Resort 298-2242
Prime Rib Room • Riverside Resort 298-2535
River Cafe • Golden Nugget 298-7111
River Palms Cafe • River Palms Resort 298-2242
Riverside Buffet • Riverside Resort 298-2535
Riverview Restaurant • Riverside Resort 298-2535
Round House Buffet • Ramada Express 298-4200
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The Lobster Bar @ Tarzan's Golden Nugget 298-7111
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Family Circle & Tiny Feet



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Kingman Aid to Abused People Receives Community Awareness Project Funding

Kingman Aid to Abused People (KAAP) has received funding from the Office for Victims of Crime (OVC), within the Office of Justice Programs, U.S. Department of Justice, to promote community awareness and crime victim outreach activities in conjunction with the 2005 National Crime Victims' Rights Week.

The week of April 10-16, 2005 marks the 25th observance of National Crime Victims' Rights Week, a commemoration designed to increase public awareness of and knowledge among crime victims and survivors about the wide range of rights and

services available to people who have been victimized by crime. The theme for this year's observance is "Justice Isn't Served until Crime Victims Are."

KAAP Director Suzanne Clarke described the Community Awareness Project that will be sponsored in Kingman with support from OVC. "We are grateful to the Office for Victims of Crime and the U.S. Department of Justice for their support of our 2005 National Crime Victims' Rights Week activities," Clark said. "With their help, we will be hosting a rally to promote

Continued on page 84

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Many of you may remember us as "Rock's Pools & Spas", a locally owned and operated swimming pool and maintenance company. We've been servicing commercial and residential swimming pools and spas for over 12 years now and most recently we opened a retail pool and spa supply store located at 1734 Highway 95 in Bullhead City. While we still offer reasonably priced residential and commercial maintenance, we now have a place you can come into and ask an actual pool professional anything you ever wanted to know about your pool or spa.

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QMC, Inc. began in 1987 when Susan Streich-Franklin purchased the property management division of Coldwell-Banker, AIP. She had been their property manager for 2 years prior to forming QMC. In the 20 years she has been managing rental property in and around Bullhead City, Susan has seen countless changes in our valley. The company itself has grown from being a one-woman operation to now having 2 brokers, 2 licensed agents, and 2 support staff; an all women business that is known for showing a woman's attention to detail.

QMC manages residential & commercial properties, storage facilities, mobile home parks and homeowner's associations. We take pride in the way we care for properties, treating them like we would if we owned them personally.

The office is located in Plaza 939, next to Business Solutions Computer Services at 939 Hancock. Stop in and visit the ladies anytime Mon-Thurs between 9:00 & 5:00, or Fri between 9:00 & 2:00. Phones are (928) 763-7575 & (800) 896-7575. E-mail is info@qmcinc.net.

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THE 3RD ANNUAL MOHAVE HIGH

Christina Everett

By: Danielle Reece

Running is not a sport that most people would enjoy doing for fun but there are the select few that do it very well and love to do it. Christina Everett is one of these incredible runners that have so much potential and the possibility for a great future competing in a sport she loves.

Christina has been running track for her entire high school career. She also played basketball for three years. She runs the one mile and the two mile. Christina started running the mile her freshman year and showed so much progress that she started running the two mile. After her success on the track team, Christina decided to run cross country to keep in shape for track. She was selected to be the team captain her senior year.

When asked who her role model is Christina said, "Coach Gomez has been coaching me since my freshman year and has inspired me to always do my best. He has pushed me to become the athlete I am today."



Coach Stickle said, "Christina is a hard-working young lady. She has shown so much improvement in her events and I have no doubt that she could definitely win region." Christina has broken the school record at Mohave High for the two mile and that is her favorite event.

Christina's future plans are to attend NAU and major in radiology. She plans on trying to run for the track team at NAU and hopefully she will succeed there as well as she has at Mohave. Christina said, "Throughout my time in track, I've made many friends and learned many lessons. Perseverance has played a big part throughout my running career and I thank my parents for always being there for me. They are always pushing me to do my best and I love them for that."

Although Christina will be missed by her friends, coaches, and fellow track members, she has the potential to go places with her running skills. Congratulations Christina and good luck in the future.

SCHOOL JOURNALISM PROGRAM

Tyler McGee

By: Danielle Reece

When Mohave High School has a great athlete that is the talk of the town, it's usually a member of a more popular sport such as basketball or football. This time the athlete to be recognized is a senior on the track team, Tyler McGee.

Tyler was recruited to the Mohave High track team his freshman year by Coach Dan Stickle. Although his initial events were shot-put and discus, Tyler has become known as a discus thrower and a regular in the "thrower's relay". When asked what his favorite part of discus was, he said, "My favorite part is that you don't have to be strong. You only need good form." He also said that he likes to throw but it doesn't hurt that he doesn't have to run. Coach Stickle said, "Tyler has very good work ethic. He comes to practice everyday and works his hardest to improve himself and help the younger players get better." Tyler's current personal record for the discus is 125'8". His goals for discus are simple and to the point,



"Win medals and place in region."

Tyler currently holds a grade point average of 3.9 and plans to go to NAU to major in business administration. He stated that he would throw in college if he thought he could have a chance, but for right now he is focusing on high school.

Tyler is an active member of the NHS club and the Interact club at MHS. He has been on the varsity football team for 3 years, an Eagle Scout for 2 years, and varsity track for 3 years.

Tyler helps to teach throwing technique and form to the younger throwers on the team. He says that Dallas Anderson was his role model because Dallas was a great thrower and taught him everything he knows. "During my time in track, there has never been a dull moment...never. Throwing is in my heart and I will miss it dearly when I graduate," said Tyler.

"Tyler, as well as some other players, have the potential to go to college on scholarships for their events. I hope they will suc-

Continued on page 35

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Everyday People or not!

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Jan Ward

By: Phillip Lynch

While every community has its stars, some shine brighter than others. In Bullhead City, Jan Ward is one of those bright stars. One cannot help but be awe-struck by the unselfish acts that govern Jan's life as she attempts to better the community.

Jan moved to Bullhead City eight years ago after living most of her life in Oklahoma. There she acquired her background in research which has allowed her to have a great backing and thirst for knowledge in every project she has participated in. Jan uses her inquisitive nature to get to the roots of the many projects she is associated with through many different organizations. When asked what her job description was, Jan answered, "Community Activist." Jan definitely fulfills her career as an activist with her involvement.

She is on the Women's Council, the Board of Directors for the Economic Development Authority, the Board of Directors and a past president for the Chamber of Commerce, the Board of Directors for the MCC Foundation and MCC Shines, is a member of the community pride advocates and has been the co-chair

of the "Boom Box Parade" since its conception. While Jan has been extremely active in all these arenas, this is her first year on the City Council.

Jan decided to run for City Council because she thought that there was a lot more to be done around the area. She is a firm believer in the importance of economic development, stating, "Business paves the way." Jan centered her campaign around three major issues which she plans on addressing during her term. The three major issues are water quality and quantity, infrastructure for the city including roadways and sewer development, and also on economic development. Jan explains that without the water or the infrastructure, economic development cannot occur and the city will no longer expand; they are the roots from which economic development grows.

Jan is excited for the upcoming year and being able to vote in the city meetings. She has been attending city council meetings for over five years, missing very few of the meetings. Of these five years of meet-

Continued on page 76



Colorado River

A Program of the
Colorado River
Women's Council

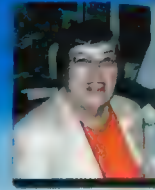
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Leadership

30 Family Circle & Tiny Feet

Our Town Magazine

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Arizona River Concert Association

In talking with winter visitors, as well as "locals" who attend a single performance during the concert season for the Colorado River Concert Association, they often mention that *Our Town Magazine* is their source of "vital" information. Besides concert dates, they provide articles that focus on what they "need to know." Great job, *Our Town Magazine*! - Barbara Mann, Publicity Chairperson



Artificial Grass of Western Arizona

Our Town Magazine has been an extreme success in advertisement for our company. We are truly pleased with the results our ad has had in helping to generate business for our company. Here at Artificial Grass of Western Arizona, we are thankful for the opportunity to work with the friendly staff of *Our Town Magazine*. - Bill LiPuma, Owner/President



Longner Chiropractic

Advertising in *Our Town Magazine* has provided a great way for our office name to attract a large audience of people. The magazine is packed with information so people can find out where to get quality chiropractic care. Even our published articles turn out great for us due to the professional assistance of Brie, Gerry and their staff. Thank You. - Martin E. Longner, DC and Bart R. Hayes, DC



Silhouette Day Spa & Salon

I have worked with *Our Town Magazine* for over 4 years for my business advertising needs. That is why, when I opened Silhouette Day Spa & Salon in June of 2004, I knew I could count on *Our Town* to give me the exposure I needed for the tri-state area and beyond. It has been my experience that *Our Town Magazine* is the best advertising tool, informational guide, and entertainment source available. Thanks to Brie Tyler and her staff for making my business soar. - Rose Phillips, Owner



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- Arturo Ledezma, Owner

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Our Town Magazine

Family Circle & Tiny Feet 31



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 36...Ft. Mohave Indian Tribe

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760-326-2898 Kitchen

Senior Activities

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Senior Exercise
 Rec Center
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Tuesday's

Quilting Sen. Ctr. 9:00 am

Wednesday's

Senior Exercise
 Rec. Center
 8:30 am Every Wednesday
 Line Dancing 9:00 am

Thursday's

Line Dancing 9:00 am
 Bingo 1:00 pm

Friday's

Senior Exercise
 Rec. Center
 8:30 am Every Friday



Laughlin Senior Center

P.O. Box 32055

Laughlin, NV

702-298-5445

Senior Activities

Monday's

1st Monday of the month
 55 Safe Driving 9am-Noon
 Walking @ 9 am
 Pinochle 12:30-4:00pm
 Sr. Olympics 1st Monday only @ 4:00pm

Tuesday's

Exercise @ Noon
 Cribbage 1-4 pm
 Kiwanis 6:30pm
 Pinochle 1-4pm



Wednesday's

Arts/Crafts 10-12
 Poker 1pm-4pm

Thursday's

Exercise @ Noon
 Bridge 1pm-4pm



Friday's

Walking-9 am
 Bunco 1pm-4pm
 Misc. Games 10am-1pm

Saturday's

Poker @ Noon-4 pm

**For AARP Safe Driving Class
 call for dates & times.**

For More Information Give Us A Call!!

Bullhead City Senior Center

Senior Activities & Telephone Numbers

Transportation For Seniors
Call 763-0193.



Monday's

Exercise Class 8-9 am
Senior Singles 1st Monday 6:30 pm
Poker Club 12-4 pm
BHC Women 1-4 pm

Tuesday's

Exercise Class 8/9 am
AARP 4th Tuesday 1:00 pm

Wednesday's

Exercise Class 8-9 am
Pinochle Class 1:30-4pm
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Pot Luck & Bingo

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Thursday's

Tops 8-12 noon
Pinochle 1:30-4 pm
Poker Club 1st,
2nd, & 5th 5 pm
Senior Singles 3rd, 6:30 pm

Friday's

Exercise Class 8-9 am
Craft Class 10-1 pm
Pinochle Class 1:30-4 pm

Saturday's

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The Miracle on Wheels program's main purpose and goal is to develop public awareness that there are assistance options that allow senior citizens (as well as the permanently disabled) to remain independent in their own homes. Without this awareness and assistance, the family may prematurely choose a nursing home, or make an unnecessary retail purchase on power mobility equipment.

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Continued from page 29 - **Tyler McGee**
ceed in the future and I will do my best to help them get to where they need to be." said Coach Stickle. Next year Tyler will be gone but his legacy will live on for many years to come.

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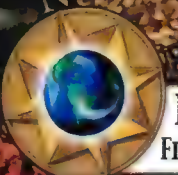
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Bingo Knights of Columbus 6:30pm

Wednesday's

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Thursday's

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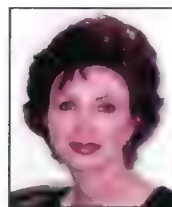
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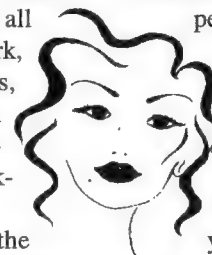
6:15am the plane has just arrived at McCarran Airport. They come to Las Vegas from all over: New York, Los Angeles, Chicago etc. They're women who all have one thing in common..."the anticipation of looking their best all the time."

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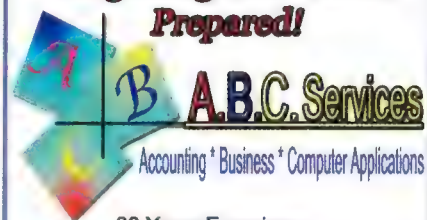
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Continued on Page 83



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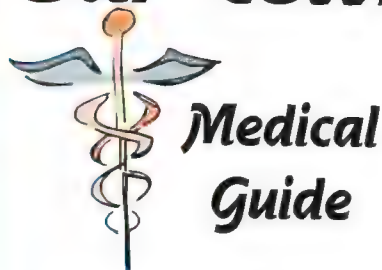
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Our Town



Occupational Therapy

By: Jay Jehng, OT

What is occupational therapy? Most people do not know the difference between occupational therapy and physical therapy.



Actually, the role of the occupational therapist in a rehabilitation facility is to assist individuals in becoming as independent as possible in their daily lives. Skills are learned in an inpatient setting (hospital), and then refined by the outpatient facility.

Inpatient Care: Occupational therapists work with patient to improve functional independence, upper extremity strength and coordination, activities of daily living including dressing, grooming and bathing, splinting and wheelchair positioning.

Outpatient Care: Patients of any age whose ability to function in daily life or work performance has been affected by health problems such as arthritis, stroke, hand injuries, birth defects, work injury or head injury may benefit from outpatient occupational therapy.

Continued on page 91

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Identifying and Treating Whiplash

What Is whiplash? When a sudden accident or injury hurls your head backward and forward, your neck gets thrown out of balance. The force can damage parts of your neck and reverse its natural curve. This may even cause pain in your shoulders, arms, hands, and low back. Sometimes symptoms aren't felt until days, weeks, or months after whiplash has occurred.

The diagnosis - Your doctor of chiropractic looks at your overall health--focusing not only on your neck, but also on your lifestyle. This integrated approach helps determine the best treatment for your whiplash. To help identify the cause of your problem, you and your chiropractor will discuss the details of your accident or injury, your symptoms, any previous injuries, and your lifestyle, including recreational and work-related physical activities. Physical, orthopedic, and neurological tests can reveal the condition of your neck and the rest of your spine. Static and motion palpation tests check for pain, stiffness, restricted range of motion, and swelling. As "blueprints" of your spine, x-rays can reveal problems such as misaligned bones that cause a reversed curve. Other tests will be done, if necessary. Based on the examination and findings, your doctor of chiropractic may recommend an individualized treatment program to improve the alignment and mobility of your neck and reduce your pain. If needed, your chiropractor will also consult with other medical specialists about your condition.

The treatment - Your doctor of chiropractic is uniquely qualified to restore the health of your spine. Special chiropractic techniques may relieve the pressure that is causing your neck pain. Depending on the extent of your injury, you chiropractor may locate misaligned vertebrae in your neck and manually apply gentle pressure to reposition the vertebrae. These adjustments can improve your neck's balance, mobility, and strength, while relieving pain and stiffness.

Continued on page 49



"A Doctor's And why,

By: Dr. Philip Barnard,
Barnard Chiropractic

Dear Friend,

Confessions are tough. Real tough. But, sometimes a confession can set the record straight, and I want to give credit where credit is due. Before I talk about my confession, though, let me say a few other things first.

Years ago something happened to me that changed my life forever. Let me tell you my story.

"I remember it like it was yesterday. I'm in college, and having a blast. But, I'm also studying hard. Life is really good. But that's when it hits me...

I start to have this terrible pain that goes from my lower back down into my right leg. The medical doctors tell me that my condition is called "sciatica". All they can do is give me muscle relaxers and pain pills to take. I even try physical therapy, but nothing seems to help. I'm frustrated. I just can't make myself accept that the rest of my life is going to be like this. But, listen to this...

Finally, this friend of mine convinces me to give their doctor a try. The new doctor does an exam, takes some films, and then "adjusts" my spine. The adjustment doesn't hurt, it actually feels good. I get relief, and within a couple of weeks, the awful pain is gone! Oh, did I mention that this doctor is a chiropractor? It works so well for me, and I'm so impressed with the other "miracles" I see in his office, that I decide to go to chiropractic school myself. And that's how it happened!"

It's strange how life is, because now people come to see me with their sciatic problems. Also they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, carpal tunnel syndrome, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries just to

Confession to Bullhead City..." despite all, I still do what I do..



name a few.

Here's what some of my patients had to say:

"I re-injured a whiplash injury when I fell. Thanks to Dr. B., my pain and tension are gone. I even sleep like a baby now!" - (Helen Nagy).

"I suffered with low back and leg pain. Within a very short time of starting my adjustments with Dr. B., my pain had disappeared. I was so impressed that I went to work for him! - (Joni Ponusky).

Several times a day patients thank me for helping them with their health problems. But I can't really take the credit. My confession is that I've never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that!

Being a chiropractor can be tough, because there's a host of so-called experts out there. They tell people a lot of things that are just plain ridiculous about my profession. But the studies speak for themselves, like the Virginia study that showed over 90% of patients who saw a chiropractor were satisfied with their results. That's just incredible!

Forty-eight million Americans no longer have health insurance, and those who do have found that their benefits are reduced. That's where chiropractic comes in. Many people find that they actually save money on their health care expenses by seeing a chiropractor. Another way to save...studies show that chiropractic may double your immune capacity, naturally and without drugs. The immune system fights colds, the flu, and other sicknesses. So you may not be running off to the doctor as much. This is especially important if you are self-employed.

You Benefit from an Amazing Offer...Look, it shouldn't cost you an arm

and a leg to correct your health. You are going to write a check to someone for your health care expenses, you may as well write one for a lesser amount for chiropractic. When you bring in this article by April 30, 2005 you will receive my entire new patient exam for \$29. That's with consultation, exam, any necessary x-rays...the whole ball of wax. This exam could cost you \$150 elsewhere.

Great care at a great fee...Please, I hope that there is no misunderstanding about quality of care just because I have a lower exam fee. You'll get great care at a great fee. My qualifications...I'm a graduate of Cleveland Chiropractic College. I've been entrusted to take care of tiny babies to the elderly, and have even traveled to Mexico on a mission trip when those people needed care. I just have that low exam fee to help more people who need care.

Our assistants are Chris, Nicole, Cindy, Sue and Kat. They are all really great people. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office BARNARD CHIROPRACTIC is at 2440 Hwy 95 #A, 1/4 mile South of Walgreen's. Our phone number is 928-704-2225. Call today for an appointment. We are here to help you.

Thank you.
Dr. Philip Barnard

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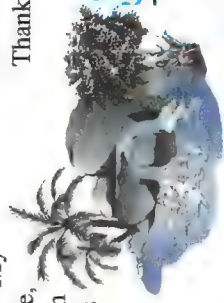
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MCC Nursing Seeks National Accreditation

National League for Nursing Accrediting Commission evaluation team members visited Mohave Community College Feb. 1-3. The college has applied for NLNAC accreditation for its nursing program.

Nursing students who graduated from Mohave Community College in past years are already members of a large but elite group. Already highly ranked nationally in student outcomes among nursing programs, future MCC nursing graduates may soon add another feather to their caps.

A team from the National League for Nursing Accrediting Commission (NLNAC) visited MCC this week to observe and evaluate MCC's nursing program and to take input from the public. The team visited MCC's nursing education facilities and met with students and faculty. The team also held a public meeting at the Lake Havasu Campus.

One statistic that very likely caught the team's eye is 100% – the passing rate of MCC's 2004 nursing class on its licensure exams. That ranks the college's 2004 graduates first among the 1,389 similar nursing programs nationwide.

MCC's nursing program produced its first graduates in 1972, when 13 licensed practical nurses (LPNs) received their certificates. In 1981, the program expanded to offer a two-year associate degree in nursing, the graduates of which are registered nurses (RNs.) The 2004 class included 72 RNs and 36 LPNs. A total of 765 RNs and 681 LPNs have graduated from the MCC program over 32 years. In some cases, the totals are

duplicative, since LPNs often return to complete their RNs.



From left, Dr. Tom Henry, MCC president; Linda Riesdorff, MCC director of nursing; team members Tena Payne, West Kentucky Community and Technical College, and Pam Holloway, College of Southern Idaho; and Dr. Don Puyear, MCC vice president for instruction and extended studies.

The evaluation visit was one step in a process that takes about five years. MCC has conducted an exhaustive self-study of its program that was submitted to NLNAC in 2004. The evaluation team will submit its findings to the NLNAC Evaluation

Review Panel, which will meet in Dallas in June. The panel will send its recommendations to the NLNAC

Board of Commissioners, which will meet in New York City in July. MCC should receive notice of its accreditation status by about August 1.

"NLNAC accreditation is vital to taking our nursing program to the next level," MCC President Dr. Tom Henry said. "NLNAC is the premier accrediting agency for associate degree nursing programs. Their seal of approval will bring MCC a host of benefits – more scholarship opportunities for our students, more grant opportunities for our nursing department and more prestige for our outstanding program. Most important, accreditation will make our nursing graduates more attractive to employing agencies," Henry said.

NLNAC will evaluate MCC's program based on its standards for college and program governance, qualifications of faculty, quality of education facilities, services and financial aid to students and resources provided to the program by the college. Two key standards involve the integrity of the program – is MCC doing what it says it is doing and internal evaluation of both the program and student outcomes.



What is Stress?

By: Waheed H. Zehri, M.D.
Board Certified in Internal
Medicine

Stress is a complex, dynamic process of interaction between a person and his or her life. It is the way we react physically, mentally, and emotionally to the various conditions, changes, and demands of life.

Stress can be acute (immediate), which can be a one-time incident that usually comes and goes quickly. Its effect on us can last from minutes or hours to days or weeks. Examples of acute stress include narrowly avoiding and automobile crash or a violent incident with someone. Chronic (long-term) stress can be caused by a continuing string of stressful incidences or an ongoing situation. Examples of chronic stress include a difficult job environment, caring for someone with a chronic disease, or a state of loneliness.

We experience stress in levels. Low levels may not be noticeable; slightly higher levels can be positive and challenge us to act in creative and resourceful ways; and high levels can be harmful, worsening chronic diseases such as coronary artery disease. These changing levels occur regularly as we pass through life cycle transitions like graduating from high school and college, getting or changing a job, or getting married.

People react differently to stress. How you react depends on your strategies for coping with stress, your previous experience with stress, your genetic makeup, and your level of social support and how you view your social support. The greatest factor, however, is how you perceive stress and control its outcome. What is stressful to one person may not affect another.

Stress affects you both in acute and chronic forms. In acute stress, the body responds to a perceived threat. Your body releases chemicals that increase your heart rate and breathing and provide a burst of energy. This is known as the stress response or the fight-or-flight response. In

Continued on page 77

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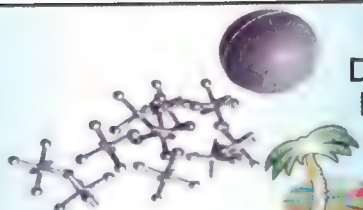
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Written By: Teresa M. Borchers, D.O., All Women's Medical Center

The overall benefit of being active and fit is an improved quality of life—being able to do things you enjoy for longer periods of time (for example, playing with the kids, gardening, dancing, or walking).

Research repeatedly shows that fitness is a strong measure of health. In a study of more than 25,000 volunteers, researchers at the Cooper Clinic found that a person's fitness level was more important than body weight. Men in the study who were overweight or obese but who were physically fit had a lower risk of death than men who were a healthy weight but were not physically fit. Being fit improves your overall health and reduces your risk of disease.

Short-term benefits include:

- A healthier heart.
- Healthy muscles, bones, and joints.
- Increased burning of calories.
- Better ability to cope with stress.
- Improved ability to fall asleep and sleep well.
- Increased energy.
- Increased mental acuity—sharper and faster thinking.

Establishing Fitness Routines

Once you have determined that you want to become fit, you will want to establish a fitness routine. Although most people

Fitness

think of classes and specific activities (such as jogging or tennis) as the way to fitness, there are many ways you can work activity into your life.

Fitness classes or groups provide a consistent approach to an activity. Local gyms, schools, and churches may sponsor a regular fitness group. Teams also provide a consistent approach to fitness but are more competitive. Many communities have intervention programs to help adults and children become fit. They often are found within social agencies and schools. Structured fitness has the advantage of: Being held at the same time and place, which is easier for your schedule, having a social atmosphere, and "healthy" peer pressure to show up and participate.

Many people find an activity they enjoy and create their own fitness program. For it to be effective, you must set up a regular schedule and stick to it. Self-directed fitness gives you: Flexibility as to the time and place and the ability to try different types of exercises.

Continued from page 42- Whiplash

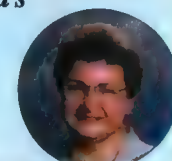
If you are in need of chiropractic care just contact us for an appointment at Barnard Chiropractic we are located at 2440 Highway 95, Suite A, Bullhead City, Arizona or call (928) 704-2225.

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Our Town Magazine


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- 9 BIG BEND STATE REC AREA
- 10 BOY SCOUT CANOE BASE
- 11 NEEDLES MARINA

2005 North American Safe Boating Campaign

National Safe Boating Week: May 21-27, 2005

Boating Tips

The temperatures are soaring, the days are longer, and the cool blue water of the Colorado River is a refreshing escape from the heat. Recreational watercraft are launching with visitors and residents aboard to enjoy "fun in the sun." Inside the City of Bullhead City limits the Colorado River will soon be congested with an amazing number of these "fun seekers." The Bullhead City Police Department will have law enforcement boats & personal watercraft on the River in an attempt to provide a safe and enjoyable time for all. But, we can't do it alone!

Here are just a few basic navigational rules and laws you should know:

"Booze and Boats Don't Mix!" It is against the law to operate a boat or personal watercraft under the influence of alcohol or drugs. Law Enforcement in the tri-state area will once again conduct O.U.I. (Operating Under the Influence) check points, as well as diligently be on the lookout for the impaired operator.

Know the "rules of the road." 1. Vessels that move slower than your craft, including non-powered boats, have the right of way. 2. When meeting head on with another vessel neither boat has the right away. Both should steer to their right. 3. When one vessel must cross the path of another, the boat on the right has the right of way. The other boat should steer clear. 4. When passing another craft the boat that's being passed, or "overtaken," has the right of way. You may pass on either side, but must stay well clear of the other boat.

Flotation Devices are mandatory - All watercraft must be equipped with at least one personal flotation device for each person aboard. When operating a personal watercraft you must be sure that all persons aboard are wearing a personal flotation



device.

Operation Age - Except in case of emergency, no person under the age of twelve years may operate a watercraft propelled by a motor greater than eight horsepower, unless accompanied by at least one person who is eighteen years of age or older. **NOTE:** Jet powered 'personal watercraft' are over the eight horsepower limit.

Personal Watercraft (PWC) - When operating a personal watercraft you must not act in a reckless or negligent manner endangering the life or property of another person. In Arizona, committing two or more of the following acts simultaneously is considered reckless operation:

1. Operating a PWC within 60 feet of another watercraft above wakeless speed.
2. Operating a PWC within the vicinity of a motorboat in a manner that obstructs the visibility of either operator.
3. Heading into the wake of a motorboat that is within 60 feet and causing one-half or more of the length of the PWC to leave the water.
4. Within 60 feet of another watercraft, maneuvering quickly, turning sharply or swerving, unless the maneuver is necessary to avoid a collision.

Common Courtesy is a must!

Never spray people on the shore or on other watercraft * Be patient at boat launch ramp facilities * Be considerate of others on the water and shore * Obey all buoys * Be a defensive operator * Never drink and operate a watercraft.

Experience That Matters!



**WESTERN ARIZONA
REGIONAL MEDICAL CENTER**

Our Town Magazine

**PET
LOVER'S
SECTION**

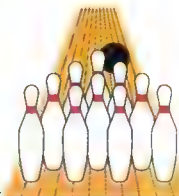
Animal Crossing

Bowling Fundraiser

Rescued Unwanted

Furry Friends Foundation - R.U.F.F.F. and the Riverside Lanes present a 9-pin "no tap" bowling fundraiser, April 10th at 11:00am (NV time) at the Riverside Resort Bowling Center, Laughlin, NV.

Entry fee: \$20 prepay and \$25 at the door. Pre-register at the Riverside or by calling the lanes at 702-298-2535 or you may contact R.U.F.F.F. at 928-565-BARK(2275), or visit www.ruffff.org. All monies raised go directly to the care of the animals. Check in begins at 10:00am (NV time). Please register together if wishing to bowl together.



Spay-Neuter Magnets on Sale Now!

It's always the right time to spread the word about neutering one's pets thereby not contributing to the pet overpopulation. Local animal rescue group, ALL PAWS is right on the mark with car ribbons to spread the timely message. The ribbons are magnetic, similar to the "Support Our Troops" ribbons and adhere to one's car without any damage. The magnetic ribbons have pawprints on them and the message "PLEASE Spay and Neuter."

The magnets can be purchased at Colorado River Animal Medical Center or at the All Paws Pet Adoptions on Monday nights from 5 pm to 7 pm in front of Walmart. They sell for five dollars each. If you would like to buy one through the mail that is another option. Please send a check or money order to:

All Paws Inc., Box 9525, Fort Mohave, Arizona 86427. Please enclose an extra fifty cents for postage.

All proceeds from the sale of the ribbon magnets will go to the All Paws Animal Medical Fund. Director, Terri Williams says, "Aside from basic neutering, we often have abused animals coming to us with broken legs and other wounds and our medical fund allows us to fix these animals and get them ready for new and loving homes."

For further information or to volunteer, please contact All Paws at (928) 768-4381.

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Higher Aspects!

From: Chris Stewart -
GM - Mojave Resort Golf Club

People say to me that golf is a spiritual game. I don't believe

I understand how that word applies to golf. According to the dictionary, the first meaning of spiritual is "of the spirit or the soul as distinguished from the body". It is true that golf is a game in which you seem to get in touch with higher parts of yourself. We can say golf is spiritual in that aspect, but we can't leave the body out of the golf swing. Can we? By Harvey Penick

Area Golf Courses

Cerbat Cliffs Golf Course 928-753-6593
1001 E. Gates, Kingman

Chaparral 928-758-6330

1260 East Mohave Drive, Bullhead City
Desert Lakes 928-768-1000

5835 Desert Lakes Drive, Bullhead City

Emerald River 702-298-0061

1155 South Casino Drive, Laughlin

Kingman 928-753-6593

1001 East Gates, Kingman

Laughlin Ranch Golf Club
928-754-1243 1-866-684-GOLF

Mojave Resort Golf Club 702-535-4653

9905 Aha Macav Pkwy, Laughlin

Nautical Inn 928-855-2141

1000 McCulloch Boulevard, Lake Havasu

River Edge Golf Course 760-326-3931

144 Marina Drive, Needles

Ramada Resort 928-855-4777

1477 Queens Bay, Lake Havasu

Valle Vista Golf Course 928-757-8744

9686 Concho, Kingman

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Our Town Magazine

Current & Up-coming Events in the Tri-State Area

April 2 - 35th Annual New Horizon's Pro-Am Bass Tournament, Windsor Beach, Lake Havasu City, AZ

April 2 - Car Show, Bullhead Area Chamber of Commerce Parking Lot, (928) 754-4121

April 5-6 Laughlin Pop Warner Cheerleader Fundraiser - Production Show "Annie" at 6:00 p.m. (NV time) at Ramada Express. \$10 per person. (702)298-6270 or (702)298-3412

April 9 - Brian S. Gilbert Memorial Golf Tournament. Proceeds benefit the Cancer Association of Havasu. (928) 453-8190

April 10 - Lake Havasu Community Choir's 30th Anniversary Spring Concert at Lake Havasu Center of Performing Arts, (928) 855-2284

April 9-10 Parti Gras & Second Annual "Riverwalk Art Festival" Colorado Belle Casino, Casino Dr., Laughlin, NV (877) 480-2747

April 14 - Laughlin Chamber Mixer at Harrah's Laughlin at 5:30 (NV time). Call (800) 227-5245 to confirm.

April 15-17 Gun, Knife, Hunting and Fishing Show at Avi Special Events Arena in Laughlin, NV. Call Fred (702) 535-5536 or Bonnie (702) 535-5518

April 16 - Fifth Annual Battle of the Bands and Tenth Annual Employee Chili Cook-off, Colorado Belle (702) 298-4000

April 16 - 5th Annual Kiwanis Krash Demolition Derby, Avi Special Events Arena, Laughlin, NV, Gates open at 3:00, Event starts at 5:30. Admission \$10/adult, \$6/student (age 6-18).

April 17th - Golf tournament \$32,000, Colorado Belle (702) 298-4000

April 20-24 23rd Annual Laughlin River Run (800) 357-8223 or (714) 694-2800

April 21-24 Harley Run Trade Show, Bullhead Area Chamber of Commerce Parking Lot (928) 754-4121

April 21 - Colorado River Concert Association Presents The Ronnie Kale Trio, 7:30, Mohave HS Auditorium, Call Cathy (928) 763-3581 or Loa (928) 330-2039

April 21 - Lake Havasu City Chamber Mixer, 5-7 p.m., Wells Fargo Bank, 1601 McCulloch Blvd., Lake Havasu City, AZ, (928) 855-4115

April 29 - May 1 18th Annual Route 66 Fun Run - Starts in Seligman, AZ ends in Kingman, AZ, Fee is \$44 before April 4 and \$49 after, call (928) 753-5001

April 30 - May 1 Havasu Jet Jam PWC Race at Crazyhorse Campgrounds, (928) 854-7223

April 30 - May 5 Cinco De Mayo Celebration from 5-9 p.m., Ramada Express Victory Plaza, (702) 298-6270

Let's go to the movies

Contact the Theatre of your Choice for Current Movies and Showtimes

Or visit our website @ www.ourtownbhc.com

Brenden Theatres - @ Avi Casino 10000 Aha Macav Pkwy., Laughlin, NV
(702) 535-7469 NV (760) 629-7469 CA (928) 330-7469 AZ

Riverside Cinemas - @ Riverside Hotel & Casino 1650 Casino Dr., Laughlin, NV
(702) 298-2535 NV (928) 763-7070 AZ

Stadium 9 Cinemas - @ Horizon Outlet Mall 1955 S. Casino Dr., Laughlin, NV
(702) 298-4551 NV (928) 758-2535 AZ

See page 80 for movie descriptions

Our Town Magazine

This Month's Featured Sight

Topock, Arizona

Beyond Golden Shores about five miles, is the end of Arizona's ribbon of the Mother Road, at Topock. Though the town still appears on maps, there really isn't a town anymore. Today, you'll find the arched bridge across the Colorado that supports a pipeline and the I-40 Bridge that you'll cross to get to California. But, of a town, there is nothing.



new way for Route 66 travelers to cross the Colorado River. When the Santa Fe Railroad opened a new bridge for their trains in 1945, the rails were removed from the old Red Rock Bridge, reinforcements were made, and the bridge opened for automobile traffic in 1947. In

1966, when I-40 barreled through, replacing the Mother Road, a new four lane steel girder bridge was built and the old Red Rock Bridge abandoned. After 22 years of sitting rusting in the sun, the Red Rock Bridge was finally dismantled.

And what of the Trails Arch Bridge that was abandoned in 1947? It's still there, its gleaming white girders now supporting gas and utility lines across the river.

What a wondrous ride across the beautiful state of Arizona! Now, fill up your water bottle as you head on to California across the long and dusty Mojave Desert.

Topock Marsh

The 4,000-acre Topock Marsh was created from a historical river meander in 1966 when the South Dike outlet structure was constructed. Presently, the marsh represents over 40% of the remaining backwaters of the Colorado River. The marsh serves as a critical resting place for migratory waterfowl and a home to resident songbirds, water birds, and other wildlife.

Soon, engineers began to look for a

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1251 Hwy 95, Bullhead City ••• 928-754-4121

Cottonwood Cove

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••• 702-297-1005

Davis Camp

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First Aid Station/Rotary Park

2315 Balboa Dr, BHC ••• 928-763-1110

Fisherman's Landing

1650 Casino Drive, Laughlin ••• 702-298-2535

Lake Mohave Resort

Katherine Landing, BHC ••• 928-754-3245

Lazy Harry's Marina

2170 Rio Grande Rd, BHC ••• 928-758-6322

Sportsman Park

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The Tri-State's Sights to See



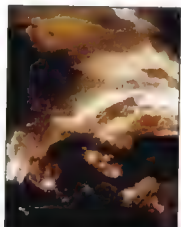
Colorado River Museum

Featuring items and artifacts specific to the history of the area, the Colorado River Museum is an important part of local foundation. The building is a former Catholic church that was used by the Davis Dam builders in the 1940's. Located on Highway 68, just north of the airport. The museum is open Tuesday-Sunday 10:00-4:00 pm. The museum is closed July & August. 928-754-3399



Gold Mine Tours

Enjoy a safe and delightful guided tour of a real old time underground gold mine. The one hour experience is exciting for everyone, and "user Friendly" for the physically challenged. Tours are scheduled every 30 minutes. You are invited to bring your camera or camcorder and take as many shots as you please. Gold Mine Tours is located 2 miles east of Oatman, Arizona. Experience terrific Gold Mining history today. For more information call 928-768-1600.



Grand Canyon Caverns

How does a cool 56° stroll on a

paved trail underground to see northern Arizona's most extensive selenite crystal formations sound? Located between Kingman and Seligman, on historic Route 66. Motel, restaurant, campground and R.V. dump station. For more information please call 928-422-3223.

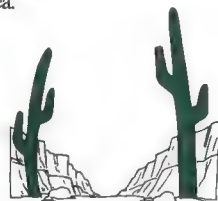


London Bridge

The famous bridge, that once crossed the Thames river, was taken apart and carefully moved over 7000 miles to Lake Havasu and joined with an authentic English village featuring restaurants, shops and amusement rides. Admission is free.

Grapevine Canyon & Indian Petroglyphs

Long ago, without paints or brushes, the native Indians told stories and left messages on these cliffs and caves. Follow the short, well marked trail off Highway 163 to Christmas Tree Pass parking area.



Mitchell Caverns

60 miles west of Needles, off I-40 are some of the greatest limestone caverns, open year round. Park ranger tours. For admission prices and more information call 760-928-2586.



Havasu Falls

Hidden coves, ancient mines, deserted Indian villages or any watersport activity you can imagine. It's all here at a man made lake over 45 miles long. For additional information, please contact the Tourist Office @ 520-448-2120 or www.havasupaitribe.com.

Mohave Museum

Located in Kingman, Arizona. Authentic permanent displays of railroad, mining/Indian life and art in the southwest. Lectures with visiting speakers and educators from Northern Arizona University are held evenings. For more information, please call 928-753-3195.



Spectacular Davis Dam

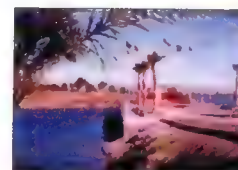
Creating the beautiful and recreational Lake Mohave and the functional regulated flow of water to Mexico and the lower Colorado River region, the spectacular Davis Dam is a structure of significance. Completed in 1953, the dam has a powerhouse located on the Arizona side of the river producing hydro-electricity.

The Tri-State's Sights to See



Don Laughlin's Classic Car Collection

Don's Classic Car Collection Exhibition Hall displays more than 80 beautiful, rare, antique and historic automobiles, trucks and motorcycles. Whatever era of automobiles may be your favorite—from the muscle cars of the 60's to the classic horseless carriages - Don Laughlin's Classic Car Collection has something for you! Open daily, free of charge.



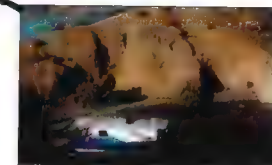
Arizona Veterans Memorial

Memorial is located on the Colorado River in Bullhead City (Follow signs down Riverview Dr.). The Memorial contains the names of over 3,000 servicemen and women who lost their lives in all the wars and conflicts of the last century. For more information call 928-704-0334.



Oatman, Arizona

Travel back in time to charming Oatman. This tiny town features super gift and antique stores, several saloons and restaurants, and a street full of free-roaming burros. Oatman was discovered in 1906. Located just 25 miles southeast of Bullhead City, off Highway 95. Oatman is a day trip worthy of the whole family.



Katherine Landing at Lake Mohave

Watercraft launch ramps, nearby pub, restaurant and motel, convenience store and hundreds of moorings make up the bare essentials of fantastic Katherine Landing.

Discovered by goldminer, J.S. Bagg, the landing can be found in the area just north of the Davis Dam on Lake Mohave. This lake is considered to be one of the country's most beautiful man made lakes.

ASU

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Women's Basketball 2005 Charli Turner



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Rich and Karman De Prez have been the owners and photographers of ACE Photography since 1988. Their primary photography business is weddings, commercial photography and model portfolios. We also specialize in high school senior portraiture and special events. Rich has lived in the area for over 25 years and Karman has been in the area for over 16 years. Karman has an extensive dance background and was part of an illusionist act with her sisters when she met Rich 15 years ago.

For more information or to set an appointment call 928-704-2727.



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Embroidery Plus

Hello! My name is Sandy Carlile. When Tim and I were raising our family we used to bring them to the river a lot. We loved it here and we always thought about moving here. So, when my husband retired from Boeing Aircraft we decided to sell our house and move to Fort Mohave, Arizona.

Of course, I still had a business to run, so we moved it here with us. We have not been sorry for the move. We are still close enough to visit our two daughters and granddaughters. I have been doing embroidery work for 10 years and most of my customers stayed with me when we made the move to Arizona. I have added promotional products as an offering to my customers. I will do small orders as well as large. Just give me a call at (928) 768-4199 for all your embroidery needs.



Keep America Beautiful



Almost three decades ago, Keep America Beautiful created a powerful visual image to dramatize how litter and other forms of environmental pollution were hurting America, and how litter was every individual's responsibility. Keep America Beautiful's landmark public service ad, which featured the now-famous face and tear of the actor Iron Eyes Cody, first aired on Earth Day 1971. It was titled "People Start Pollution, People Can Stop It," and it went on to become one of the most successful and memorable campaigns in advertising history. This public service ad—which became widely known as the "Crying Indian"—and the several versions that followed are credited with helping to fuel the fledgling environmental movement in this country.

Keep America Beautiful's newest PSA, titled "Back By Popular Neglect," first aired on April 21, Earth Day 1998. It recalls the famous face and tear of Iron Eyes Cody, and delivers a strong message about litter prevention and individual responsibility. It was adapted to include information about the

1999 Great American Cleanup™.

Keep America Beautiful Month is observed in April to educate us about our personal responsibility for litter prevention, proper solid waste disposal and environmental improvement through community projects.

Many communities now require recycling of plastic,

aluminum, and paper products, but this alone is not enough to eliminate the litter and waste that scars the landscape.

Contact your local government environmental office to learn about volunteer projects like the "Adopt a Road" program in which groups agree to collect litter regularly along a stretch of highway. Such efforts go a long way toward keeping America beautiful.



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Budget Blinds of Mohave County began operation in August 2005 and is owned and operated by Bullhead City, Arizona resident, Michael Ecklund. The company proudly serves homeowners and businesses in the Mohave County area, offering complementary in-home estimates



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Over the course of a lifetime, IRA assets can potentially grow to a significant sum -- sometimes even more than the owner can use during his or her retirement. If you would like to pass all or part of your IRA to your heirs, you may want to learn more about multi-generational or "stretch" IRA's.

Thanks to recent tax law changes, this strategy gives you the flexibility to extend an IRA's tax-deferred status from one generation to the next, greatly enhancing the long-term growth potential of your legacy.

To set up a multi-generational IRA, you name one or more young relatives (children or grandchildren, for example) as beneficiaries of the account. When you pass away, your beneficiaries can elect to take their share of the IRA distributions either in a lump sum or in increments spread over the course of their lifetimes. If they choose the second option, the bulk of the asset will con-

tinue to accumulate tax deferred even as they draw down income each year. The younger the beneficiary, the longer the asset may remain tax deferred, and the larger it could potentially become over time.

Remember that regardless of instructions in your will, IRA assets will pass directly to the beneficiaries named on your account. If you die without having named primary and secondary beneficiaries, your IRA assets will be paid out (possibly over a period as short as five years). And if these assets are used to pay your estate taxes, it subjects the fund immediately to income taxes as well. To help ensure that your money goes to the intended recipient(s), keep your beneficiary designations



up to date.

Setting up a stretch IRA may require some careful planning. But using the strategy appropriately creates an opportunity to significantly increase the legacy you leave to your loved ones.

For all your retirement and estate planning needs contact Jack D. Mafara, Jr. at East West Financial Services by calling (928) 704-5500 or (877) 525-FUND.

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Continued from page 30 - **Jan Ward**

ings, she has attended virtually every budget planning meeting for the past four years.

Jan certainly has a lot on her plate as she strives for perfection in our burgeoning city. She hopes that she can help continue the growth in the area and provide much for our community. The community should look forward to her involvement with the city council as we have seen her phenomenal work in the community in other areas.

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Continued from page 47 - **Stress**

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The American Dream at MCC

By: MCC President Dr. Tom Henry



For years the American Dream of success has included earning a college degree, owning your own home, having a rewarding career and driving a shiny new automobile.

The reality today is that some of the most rewarding careers do not require an advanced college degree. In fact, that type of education might cause the applicant to be judged as overqualified or unqualified.

A recent story in USA Today quoted Tom Applegate, executive dean of Austin Community College in Texas, stating that, "Our fastest-growing group of students by percentage is those with master's degrees."

Applegate was referring to those who spent six years or more to earn a master's degree and are going back to a community college to complete certificates in career and technical areas that will provide a high income in a high-demand occupation.

In the USA Today article, writer Ben Brown said, "The trouble is, if you try to bring vocational education into a (career) discussion, the first thing that enters many folks' minds are the guys in last-period shop class ... Fonzie in Happy Days."

The difference today is that the person once referred to as a "grease monkey" is now a highly trained automotive technician, earning close to a six-figure income. Construction trades and health technology professionals are earning more than many people with a master's in business administration.

This doesn't mean that a higher education, and college courses are no longer necessary. But those courses are more likely to be found in what was once called vocational/technical training and what is now known as career and technical education.

According to Brown, the US Bureau of

Labor Statistics' figures show that six of the top 10 occupations judged as "fastest-growing," don't require a bachelor's degree. Brown also noted that high-tech service occupations are not in danger of being downsized or outsourced to foreign countries.

The American Dream and how to achieve it may need a slight overhaul. Most Americans do not have and do not need a college degree, but all of them need postsecondary education. That education can come from a community college or a technical school. Or advanced education may come from a professional certification program or on-the-job, corporate training.

If parents, and educators want to help create a workforce of citizens who are doing what they love, in a secure field, and making a comfortable living, they need to start thinking outside of the ivy-covered university walls.

Indeed, community colleges and high schools are encouraged to build "bridge" programs that help ensure students find their way to rewarding careers. MCC is working with all Mohave County high schools to deliver such programs.

There will always be individuals whose career choices lead them to a university degree and there will be people who pursue higher education for the joy of learning. These folks, according to the U.S. Census Bureau represent only 25 percent of adults in America over the age of 25. It's important that we not neglect the educational needs of the other 75 percent - the majority.

The excellence of America is found in its diversity, and the community colleges in this country play a vital role in serving that diverse populace. For every American, there's a unique dream, and through education, a way to achieve it.

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Positive changes are in effect for Western Express Air, serving Bullhead area passengers to and from the Phoenix area from Deer Valley and Mesa Airports, and to and from Riverside California. This limousine of the air flies you in wide, first-class, leather seating in around an hour - simply drive up, check in, and you're on your way.

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Bullhead area four days a week. Monday, Wednesday, Thursday, and Fridays to the Phoenix area, and Mondays and Fridays to Riverside California. Special charters are available on request.

On March 15th 2005, the Fixed Based Operations (the original FBO-Sun Western



Photo: Dave Lords, president of Laughlin Ranch, and owner of Western Express Air, is pictured here, in front of the large, eight passenger, luxury Cessna. This model Cessna is the largest of the Cessna line and rated among the safest planes in the air. The Western Express Air Cessna is equipped with two flat screen T.V.s and a restroom for your flying comfort and convenience.

at Laughlin/Bullhead Airport moved from the Highway 95 to the east side of the runway. This is in preparation for the permanent new building to come.

Then, even more exciting, a second plane will come into service soon. This will

allow passengers wishing to travel further, to other areas of the near Southwest, additional air travel options. Watch for announcements of this new jet service in the

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Continued on page 93

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Sahara, starring Matthew Mc Conaughey, Steve Zahn, Penelope Cruz, Lambert Wilson, Glynn Turman, Delroy Lindo, William H. Macy. This is an Action, Adventure where explorer Dirk Pitt (Mc Conaughey) and his slacker sidekick (Zahn) embark on a treasure hunt through West Africa in search of what locals call the Ship of Death, a lost Civil War battleship that may house a very valuable cargo. A woman, Doctor Eva Rojas (Cruz), warns them that the ship may be linked to mysterious deaths in the area.

The Passion of the Christ, UNRATED RECUT version with fewer violent scenes starring, Jim Caviezel, Maia Morgenstern, Monica Bellucci, Mattia Sbragia, Hristo Naumov Shipov, Claudia Gerinihi is a Religious, Historical, Drama that takes place over the last 12 hours of Christ's life, on the day of his crucifixion. This movie is in Latin and Aramaic, with subtitles in English.

Robots (PG), starring, Ewan McGregor, Halle Berry, Robin Williams, Mel Brooks, Greg Kinnear, Drew Carey. This is a great Animated, Children's, Science Fiction movie about a young robot wiz named Rodney (McGregor) who builds robots that he hopes will make the world a better place. After journeying to the big city, he falls for a female executive robot (Berry), collaborates with an aging innovator (Brooks), and battles a sinister CEO.

The Upside of Anger (R), starring Kevin Costner, Joan Allen, Mike Binder, Erika Christensen, Alicia Witt, Keri Russell, Evan Rachel Wood. This is a Drama about Terry Wolfmeyer (Allen) a suburban wife and mother whose life takes a drastic turn when her husband vanishes. Terry takes solace in the bottle, and while she struggles to keep her life together, she finds a new drinking buddy: her neighbor, Denny (Costner), a once-great baseball player who is now a radio talk show host.

Off the Map (PG -13), starring Joan Allen, Sam Elliott, Amt Brenneman, Valentina D'Angelis, J.K. Simmons, Jim True-Frost. This is a Drama that takes place in New Mexico during the summer of 1974, a precocious 11-year-old girl named Bo (D'Angelis) watches her father (Elliott) suffer from a crippling bout of depression, while her earthly mother (Allen) tends to her garden. Later, an IRS agent makes a visit to ask about years of unpaid taxes.

Valiant, starring the voices of Ewan McGregor, Ben Kingsley, Jim Broadbent, John Hurt, Hugh Laurie, Ricky Gervais, Rupert Everett, John Cleese, Tim Curry. This is an Animated, Children's Adventure that tells the story of a small British pigeon (McGregor) who flies dangerous missions for the Royal Air Force during World War II and becomes a hero in the process. Ben Kingsley will voice General Keyserlingk, the feared German falcon leader.

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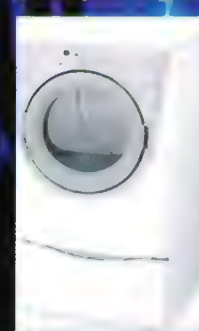
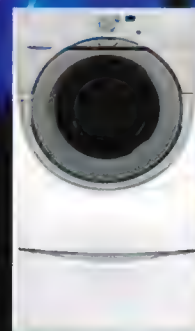
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82 Real Estate • Rentals • Lodging

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Continued from Page 38 - **Swartzman**

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Continued from Page 38 - **ABC Services**

A.B.C. is an acronym for "Accounting, Business and Computer applications" and is a sole proprietorship which I operate from our home. With 30-years experience in income tax preparation, including 3-years working for a CPA; an Associate of Science degree, for which I achieved High Honors in Accounting from Miramar College in San Diego; very low overhead costs and a life-long commitment to helping people, I bring a fresh alternative to local individuals and small businesses for high quality, low cost income tax preparation and small business services, including payroll services, book-keeping and Web creation to name a few.

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83

Continued from page 23 - **Kingman Aid**

community awareness Saturday, April 16 from 3-7 p.m. at the Powerhouse Visitor's Center, 120 West Andy Devine. I encourage residents of our community to promote justice through service to crime victims on a local level by attending this rally."

The National Crime Victims' Rights Week Rally is open to the public free of charge and will highlight keynote speakers from throughout the county who play a part in crime victim assistance. A wide range of information will be provided for crime victims and their families. Refreshments will be available.

For additional information on the NCVRW Rally in Kingman, contact Rally Coordinator Pam Wanner at (928) 753-7721 or the KAAP office at (928) 753-6222 Monday through Friday.

OVC's Community Awareness Project funding encourages communities to collabo-

rate on victim and public awareness activities and develop creative approaches to victim outreach and public education during National Crime Victims' Rights Week and throughout the year. KAAP was one of 66 projects selected for funding by OVC for 2005 from the almost 240 applications that were submitted.

According to John W. Gillis, Director of OVC, the Community Awareness Project has a powerful impact on public awareness of crime victims' rights and needs. "Often, victims of crime don't know that they have rights and don't know where to turn for help," Gillis explained. "By supporting the public awareness efforts on the national level and within local jurisdictions, OVC hopes that every individual will know where to turn, or will know where to lead a loved one in the event that they are impacted by crime or violence. We hope that this funding will help all victims of crime find healing and justice."

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Emergency Police, Fire, Medical	911
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Animal Control-Laughlin	702-298-7793
Arizona Poison Center	800-362-0101
Bullhead Police	928-763-1999
Bullhead Fire #1	928-758-3971
Bullhead Fire #2	928-754-2001
Western AZ Regional Medical Ctr.	928-763-2273
Laughlin Police	800-492-6565

Visitor Services

Board of Realtors	928-758-4808
Bullhead City Chamber	928-754-4121
Bullhead City Hall	928-763-9400
Bullhead Library	928-758-0717
Golden Shores Chamber	928-768-1110
Laughlin Chamber	702-298-2214
Laughlin Library	702-507-4060
Laughlin Visitors Center	702-298-3321
Mohave Valley Chamber	928-768-2777
Motor Vehicle	928-704-4400
Needles Chamber	760-326-2050
Time & Temperature	928-763-3000

Area Schools

Bennett Elementary	702-298-3378
Bullhead City Jr. High	928-758-3921
Camp Mohave Elementary	928-704-3600
Coyote Canyon Elementary	928-758-4909
Community College Nevada	702-298-1887
Desert Valley Elementary	928-758-6606
Diamond Back Elementary	928-758-6858
Fox Creek Jr. High	928-704-2500
Ft. Mohave Elementary	928-768-3986
Laughlin High	702-298-1996
Mountain View Elementary	928-754-3203
Mohave Community College	928-758-3926
Mohave Valley Elementary	928-768-2211

Mohave High School	928-758-3916
Mohave Valley Jr. High	928-768-9196
River Valley High	928-768-2300
Sunrise Elementary School	928-754-1815
Young Scholar's Academy	928-704-1100

Utilities for Bullhead City

Bermuda Water	928-763-6676
Citizens Gas	928-753-5591
Citizens Water	928-758-1146
Cablevision	928-758-4844
Frontier Telephone	928-763-1122
North Mohave Valley Water Co.	928-763-5655
Mohave Electric	928-763-1100
Southwest Gas	928-763-7766

Utilities for Kingman (Golden Shores)

Unisource-electric	928-681-4100
-gas	928-753-5591

Utilities for Laughlin

Big Bend Water	702-298-3113
Sprint	800-877-7077
Clark Cable	702-298-3214
Clark County Sanitation	702-458-1180
Nevada Power	702-298-3797
Silver State Disposal	702-735-5151
Southwest Gas	800-446-4642

Travel & Transportation

Avis Rent-A-Car	928-754-4686
BAT'S	928-704-2287
Bullhead City Taxi	928-754-7433
Bullhead/Laughlin Airport	928-754-2134
Desert Cab	702-298-7575
Enterprise Rent-A-Car	928-758-4441
Greyhound Bus Lines	702-298-1934
Hertz Rent-A-Car	928-754-4111
Lucky Cab	702-298-2299
River Express-Water Taxi	702-298-6828
TriState Super Shuttle	928-704-9000

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A Touch of Glass



Greetings from Jerrie Schuetz, the new owner of A Touch of Glass, a stained glass business which has been in the area since 1994. I was first introduced to the world of stained glass as a child attending St. Leanders

Catholic Church in San Leandro, CA. "The reflection of colors and the artwork painted in the faces and clothing of all those beautiful windows gave me a warm, secure, and mesmerized feeling each time I entered that quaint old church." My first hands-on work in stained glass started in 1981 when I attended a night class offered through the local college. This was the beginning of immersing myself in the art of making everyone else a gift of my work.

My husband and I retired to Bullhead City in 1996. Then, in 1997 I answered an ad for help, giving me the opportunity to work with the original owners of A Touch of Glass and learn more about the production and installation of custom stained glass window. In 1999 the shop was purchased by Mr. Jerry Kinnsch and with his 20+ years of experience in stained glass, he even furthered my education into the art of slumping, fusing, bead making and repair work.

A Touch of Glass has contributed to the beauty of many homes in the Bullhead City, Needles and Laughlin areas since it opened in 1994; and it is my goal to continue to produce the same quality workmanship for many years to come. We offer a complete selection of stained glass products, repair work, classes, and custom windows to beautify and increase the quality of your home. For more information contact me at (928) 763-6136.

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Wells Fargo started in 1852 serving the gold fields in California. The company began serving Arizona in 1860. Our history is one of serving fast growing population areas and providing opportunities for business.

Today we offer our commercial lending and other business banking services to help your business prosper in Mohave County. Whether you already have a business here, are planning to move your business here, or you are contemplating starting your own business, we have programs and products to assist you.

Business banking at Wells Fargo is more than just commercial loans. We can assist you in opening the right types of accounts, provide payroll services, enable you to take credit cards through our Merchant Services and Wells Fargo gives you convenient access to your accounts across state lines. Come grow with us in the great economy that is Mohave County Arizona! We have a full staff of dedicated bankers with locations throughout the county. For more information on business banking services visit any of our eight locations. Or call our River Cities Commercial Lending office at 928-854-2918.

Contact your Wells Fargo Commercial Lending Business Banker



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WELLS FARGO



FDIC
 LENDER

Continued from page 8 - **Bands**

announced following a judging session after the last band performs.

Finger food & free entertainment

If you work up an appetite listening to the Battle of the Bands talent, you won't have to go far to dine! In addition to great free entertainment, Center Circle features a variety of stadium food and beverages.

Red Hot on the River: Employee's Chili Cook-off

While you're visiting Colorado Belle on April 16, don't miss the 10th Annual Colorado Belle Employee Chili Cook-Off, Salsa and booth decorating competitions. Held on the riverwalk along the Colorado River, this popular event includes free sam-

pling of salsa and chili after judging is complete.

Make reservations now for a fantastic weekend in Laughlin!

April is traditionally a beautiful month in Laughlin, with mild weather and plenty of exciting events and entertainment. Make plans to visit Colorado Belle today! For reservation information, call 800-477-4837, or make reservations on line at website: www.coloradobelle.com, where you could win one of 20 fabulous mini vacations each month through April in the "Cruisin' on the River" promotion when you sign up in the Captain's Log Registry! Look for details online at the Colorado Belle website.

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Continued from page 40 - **Therapy**

Occupational therapy program may include: Daily skills: dressing/feeding skills; writing, shopping, banking; Functional transfers (bed, toilet, tub).

Work simplification, Patient/family education, Home evaluation/management, Cognitive/perceptual/motor training, Driver training, Home exercise, Visual retraining Endurance and upper muscle strength training and Sensory stimulation.

Diagnoses that may benefit from Occupational Therapy include: Spinal cord injury, Brain injury, Stroke rehab, Joint fracture/replacement/deformity, Amputee rehab, Arthritis rehab, Pain rehab, Burn rehab, Elbow/hand injury; orthopedic/plastic surgery (pre or post-operation), Neuromuscular disorders, Lymphedema clinic for the breast cancer patient, Multi-trauma rehab, Chronic Obstructive Pulmonary Disease (COPD), Generalized weakness, Work injuries (Cumulative trauma disorder) and Parkinson's disease.

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Davis Camp Park • 2251 Hwy 68 928-754-7250

El Rio • 1641 Highway 95 928-763-4385

Fiesta Resort • 3190 Highway 95 928-758-7671

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Mirage Resort • 2196 Merrill Ave 928-754-1177

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Mohave Valley 866-768-1649

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Needles, CA 760-326-1105

Ridgeview • 775 Bullhead Parkway 928-754-2595

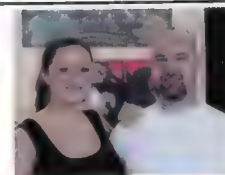
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My wife and I took a day to make the three hundred-mile drive to the closest Clayton dealer in Fort Mojave, Arizona, to look at some models. We were limited, by the park, to a certain size restriction, so we went to see what was available to fit our dimensions. We were shown some homes that would fit our lot, and left to make our decision. It so happened that the home that best fit our size limitation was the model sitting on the lot. I called Bonnie and asked her if we would be able to do this by phone. She said yes, and was so helpful in explaining the process required for permits and paperwork, and within two months our home was placed and ready to move in. As with any project there were some items that needed attention, but every issue that arose was taken care of timely and to our satisfaction.

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We were extremely satisfied with all that Bonnie and Gary did for us since we did this transaction basically over the phone. The only time we did have to go back to the office was to sign the final paperwork. We didn't mind though, we would be staying at our new home for the first time.

Thanks Again, Mike Calka

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Colorado River • 434 River Glen	928-754-4101
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Lodge on the River • 1717 Hwy 95	928-758-8080
	1-888-200-7855
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Highland • 464 Lee Street	928-754-2224
Hilltop • 2037 Hwy 95	928-758-6620
Lake Mohave Resort • Katherine Ldg	928-754-3245
	1-800-752-9669
La Plaza Inn • 1978 Highway 95	928-763-8080
Nevada Club Inn • 336 Lee Street	928-754-3128
Oasis Park • 126 Lee Street	928-754-4151
Palms • 115 Palm Avenue	928-754-2644
Super 8 • 1616 Highway 95	928-763-1002
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River Front • 1715 Highway 95	928-763-3869
River Queen • 125 Long Avenue	928-754-3214
River Valley Suites • 320 Lee Ave.	928-754-4651
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Continued from page 79- **Western Express**

nearest the auto dealer, palm trees, and big "Bullhead Airport" sign.

Once on Laughlin View Drive, go through the next 4-way intersection and on to Aston Dr. (You went too far if you made it to the normal airline terminal.) Turn left (south) on Aston, go past the construction of the new airline terminal (on your right side), past the two trailers (on your right side), through what looks like an open, drive-through gate, and then round the corner to the right.

After making this turn, look for the brown, unmarked trailer on your left side. This is the "new temporary" FBO. You can park in the dirt lot to the left of this trailer (you'll notice the dirt ramp built up over the curb). It's easy after the first trip in. Keep in mind these are the temporary quarters until the terminal is finished.

For more information about Western Express Air, please see the website at www.westernexpressair.com or call 1-866-887-5969.

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your life is so fragile.

You take no worries for the morrow,
You do not sow or reap,
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for there is none to keep.
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Desert Stream Bible Church	763-7502
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First Baptist 1700 Palma	758-3335
Holy Trinity Church of God 1660 Lakeside	768-1773
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Jehovah's Witness 1645 Gardner	763-8030
Laughlin Community Church 1631 Cal Edison	(702) 298-3016

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Mohave Valley Church of God 8678 S. Hwy 95	768-1363

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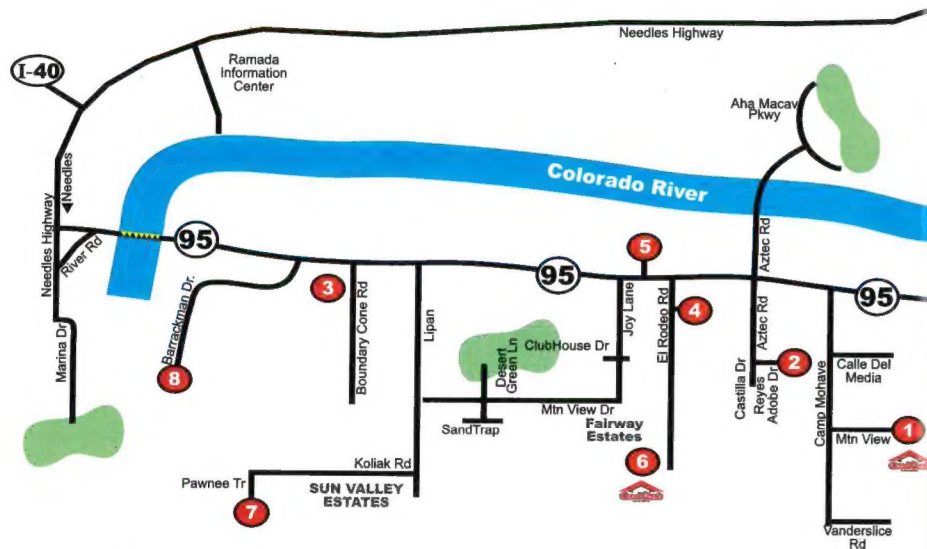
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928-768-0130 | 10 Laughlin Ranch
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